



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 11018, Asparagus, frozen, unprepared

Report Date: July 04, 2017 19:59 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 spears 58g	1 package (10 oz) 284g
<strong>Proximates</strong>						
Water	g	91.82	46	0.090	53.26	260.77
Energy	kcal	24	--	--	14	68
Energy	kJ	100	--	--	58	284
Protein	g	3.23	43	0.054	1.87	9.17
Total lipid (fat)	g	0.23	43	0.024	0.13	0.65
Ash	g	0.62	43	0.015	0.36	1.76
Carbohydrate, by difference	g	4.10	--	--	2.38	11.64
Fiber, total dietary	g	1.9	--	--	1.1	5.4
<strong>Minerals</strong>						
Calcium, Ca	mg	25	43	1.428	14	71
Iron, Fe	mg	0.73	43	0.032	0.42	2.07
Magnesium, Mg	mg	14	14	0.437	8	40
Phosphorus, P	mg	64	20	2.255	37	182
Potassium, K	mg	253	15	13.450	147	719
Sodium, Na	mg	8	15	2.385	5	23
Zinc, Zn	mg	0.59	10	0.026	0.34	1.68
Copper, Cu	mg	0.137	12	0.007	0.079	0.389
Manganese, Mn	mg	0.203	9	0.008	0.118	0.577
Selenium, Se	µg	1.7	15	0.359	1.0	4.8
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	31.8	35	2.676	18.4	90.3
Thiamin	mg	0.121	43	0.007	0.070	0.344

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 spears 58g	1 package (10 oz) 284g
Riboflavin	mg	0.131	43	0.005	0.076	0.372
Niacin	mg	1.202	43	0.055	0.697	3.414
Pantothenic acid	mg	0.184	8	0.024	0.107	0.523
Vitamin B-6	mg	0.111	8	0.008	0.064	0.315
Folate, total	µg	191	3	9.304	111	542
Folic acid	µg	0	--	--	0	0
Folate, food	µg	191	3	9.304	111	542
Folate, DFE	µg	191	--	--	111	542
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	47	39	2.531	27	133
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	948	39	50.614	550	2692
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.052	--	--	0.030	0.148
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.001	--	--	0.001	0.003
14:0	g	0.001	--	--	0.001	0.003
16:0	g	0.047	--	--	0.027	0.133
18:0	g	0.003	--	--	0.002	0.009
Fatty acids, total monounsaturated	g	0.007	--	--	0.004	0.020
16:1 undifferentiated	g	0.001	--	--	0.001	0.003
18:1 undifferentiated	g	0.006	--	--	0.003	0.017
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.101	--	--	0.059	0.287
18:2 undifferentiated	g	0.096	--	--	0.056	0.273
18:3 undifferentiated	g	0.005	--	--	0.003	0.014
18:4	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 spears 58g	1 package (10 oz) 284g
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.031	--	--	0.018	0.088
Threonine	g	0.090	--	--	0.052	0.256
Isoleucine	g	0.119	--	--	0.069	0.338
Leucine	g	0.140	--	--	0.081	0.398
Lysine	g	0.153	--	--	0.089	0.435
Methionine	g	0.031	--	--	0.018	0.088
Cystine	g	0.038	--	--	0.022	0.108
Phenylalanine	g	0.076	--	--	0.044	0.216
Tyrosine	g	0.051	--	--	0.030	0.145
Valine	g	0.124	--	--	0.072	0.352
Arginine	g	0.151	--	--	0.088	0.429
Histidine	g	0.050	--	--	0.029	0.142
Alanine	g	0.152	--	--	0.088	0.432
Aspartic acid	g	0.374	--	--	0.217	1.062
Glutamic acid	g	0.528	--	--	0.306	1.500
Glycine	g	0.105	--	--	0.061	0.298
Proline	g	0.171	--	--	0.099	0.486
Serine	g	0.123	--	--	0.071	0.349
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0